

BROOKSSM Rehabilitation

Borg Scale (6-20) - Oncology Guidelines

Rating	How Hard you are Exercising
6	No, exertion at all
7	Very, very light
8	
9	Very light
10	
11	Light
12	
13	Somewhat hard
14	
15	Hard
16	
17	Very hard
18	
19	Extremely hard
20	Maximal Exertion

ACSM Recommendation - range of 12-16 for 30 min 5 x week

Or a total of 150 minutes per week

Individuals with lower endurance or high distress levels should start in the range of 7-12 and progress as tolerated